

# Family therapy and healthy family systems

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According to the authors, healthy family systems are defined as those that have a commitment towards each other and hence dedicate time, and energy towards the benefit of each other. Additionally, a key component of a healthy family is an appreciation for each other. More often than not, family members need to appreciate each other. This aspect is very crucial even to the modern-day therapists who acknowledge that once appreciation lacks, the family is headed for a substantial communication breakdown and hence family problems. Additionally, another key element of any healthy family is their willingness to spend time together. It is advisable that families share as much time as possible (Goldenberg & Goldenberg, 2008). This often entails having as many common points as possible. While issues like culture as well as religion may at times act as a point of diversity within a family unit, there is an indisputable need to create a common ground, or rather a compromise that will help the members be together. This must not, however, be misrepresented as a compulsion for family members to give up their ideals in order to suit other family members. Rather it implies the need for family members to be able to accommodate each other's views. Communication is no doubt vital and needs not to be ignored. In many instances, families have broken down due to communication problems. Family therapists have often found themselves dealing with persons who did not at any time express their sources of frustration to their partners and eventually this resulted in a communication breakdown. Often, when communication is lacking, assumptions take control, and sadly, such assumptions can be lethal to any family unit. The authors trace the roots of family therapy in four key areas. As suggested by the book, scholars trace these roots to the end of World War II (Goldenberg & Goldenberg, 2008). The key areas include the child

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guidance movement, marriage counseling, group therapy, as well as family studies of schizophrenia (Goldenberg & Goldenberg, 2008).